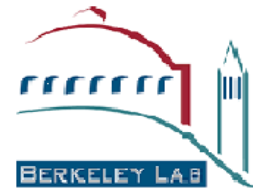




Keying and Mousing Technique

... *floating and pivoting*



Good keying/mousing technique reduces stress on the wrists, arms and elbows & minimizes static loads on the shoulders. Here are 3 good options, and one to **avoid!**



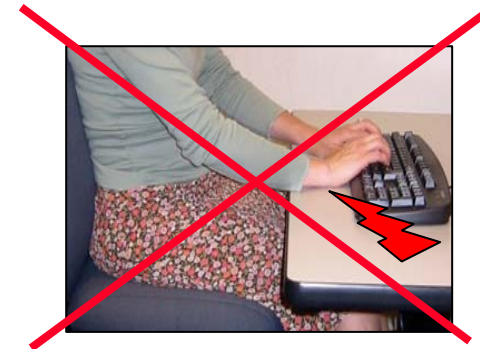
OK: Float your hands/ arms while keying and mousing low over your lap w. tray tilted down ...sloped away from you



OK: Pivot your mid-forearms on chair armrest or work surface and float hands while keying



OK: Avoid putting pressure on the wrists or the elbows ...spread support over a wide area of the forearm where tendons/nerves are well-protected



Avoid planting or resting the wrists while keying

For more information, contact the Ergo Team x5818 or ergo@lbl.gov